

SPRING INTO ACTION



CAMPAIGN



The Spring into Action campaign is all about encouraging children and young people to **GET ACTIVE MORE OFTEN**.

During the lockdown period we are spending more and more time sat down and behind our screens. It is important for our physical and mental health to move as much as we can and break up sitting time.

Chief Medical Officer (CMO) guidelines advise that all children and young people should be active for an average of **at least 60 minutes a day** across the week.

As part of the Spring into Action campaign we are setting weekly 60 second challenges for children and encouraging them to beat their score throughout the week. These challenges are a small part of supporting children and young people to meet the daily physical activity guidelines with children encouraged to find other activities to build into their daily routine to help them achieve at least 60 active minutes a day.

To get involved as a school all you need to do is:

- Share the weekly 60 second challenges with staff and children and encourage them to get involved.
- Children can join in from home or at school. There is a challenge sheet and activity tracker for children to record their progress.
- Promote physical activity and the importance of reducing sedentary behaviour for health and wellbeing.
- Celebrate children's successes and share other ideas to help keep everyone active and healthy.

Staying active is even more important in the current climate so get involved and share what you have been doing to help inspire others!

#SpringIntoAction

**ENCOURAGING CHILDREN AND YOUNG PEOPLE
TO GET ACTIVE MORE OFTEN.**

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60 SECOND CHALLENGE TRACKER

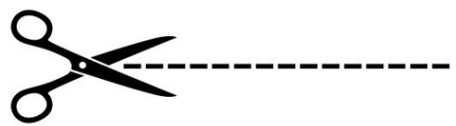
Tick the boxes when you achieve Bronze, Silver or Gold? Also note your best score.

Can you keep working hard to achieve a personal best at the end of the week?

Name:
















Activity



Name:

Activity



SPRING INTO ACTION DAILY ACTIVITY TRACKER



Use the tables below to monitor your physical activity each week.
Colour in how many minutes you managed each day and write what activity you did.
Can you complete 60 minutes every day?

Write the week number here.

Did you complete over 7 hours of activity this week?

How many minutes of activity did you do this week?

Challenge

Can you equal or better the number of minutes you were physically active next week?

	10	20	30	40	50	60	Extra
Monday							
Tuesday							
Wednesday							
Thursday							
Friday							
Saturday							
Sunday							

Write the week number here.

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